

What to Wear

Circus Arts/Aerial Fitness Classes

Women/Girls Attire

1. **NO JEWELRY:** NO earrings, NO bracelets, NO necklaces, NO rings, etc.
2. **NO FAKE FINGERNAILS** or long nails
3. **NO bare midriffs** - wear leotard, unitard or tight top
4. **NO baggie t-shirts** or pants
5. **NO bare legs** - leggings or tights that cover back of knees
6. **NO rhinestones, sequins, studs, velcro, zippers, pockets**
7. **YES Bare feet**
8. **YES Hair pulled back neatly in ponytail or bun**
9. **YES Toe nails and finger nails trimmed and smooth**
10. **YES Feet clean with no rough calluses**



Men/Boys:

Shirts and bottoms must be tight fitting Under Armour-style.

They can be purchased at Wal-Mart, Target, and any sporting goods store.

In addition, male students should wear a dance belt or athletic supporter.

What to Bring:

1. Lots of bottled water or thermos (no glass)
2. A towel for sweat
3. Notebook and pen to take notes

